

Lifesaving Society Swim for Life Swimming Lessons



Swim for Life is a complete learn-to-swim program that leads seamlessly into the Lifesaving Society's lifesaving training awards. You're never too young to start, and never too old to learn. Swim for Life offers different folks – of all ages and abilities – and makes sure kids are Water Smart before they get in too deep.

Parent & Tot (4 months – 3 years of age)

The Lifesaving Society Parent & Tot program structures in-water interaction between parent and child to stress the importance of play in developing water-positive attitudes and skills. Activities and progressions are based on child development, so parents register in the level appropriate for their child's age.

Parent & Tot 1 4-12 months

- In this program parents and children learn about developing confidence for submersion, holds used to develop the ability to relax and be comfortable in the water for (assisted) floats, movement of the arms and legs as well as Water Smart® tips and tricks for parents about how to keep your child safe in an aquatic environment. Class time: 30 minutes

Parent & Tot 2 12-24 months

- This program allows parents to assist their children in exploring how to enter and exit the pool safely, develop breath control as well as develop comfort while face is in the water. They also start the development of skills needed for submersion and the confidence and ability to perform both back and front floats assisted. Added on to this is the introduction of a propulsive flutter kick and Water Smart® tips and tricks for swimming. Class time: 30 minutes

Parent & Tot 3 2-3 years

- In this program children learn to entry the pool confidently with the assistance of their parent as well as submerge themselves and exit the water unassisted. Underwater skills developed include holding breath, opening eyes, and recovering objects from the bottom. A range of front and back floats are taught as well as kicking skills are developed. Underwater passes and Water Smart® messages are also taught. Class time: 30 minutes

Preschool (3 – 5 years of age)

The Lifesaving Society Preschool program gives children a head start on learning to swim. Preschool programs develop an appreciation and healthy respect for the water before these kids get in too deep. They work to ensure 3 to 5 year olds become comfortable in the water and have fun developing a foundation of water skills.

Preschool 1 3 - 5 years

- Children in this program learn assisted entries and exits in shallow water as well as develop their confidence with putting their face in the water and blowing bubbles. Floats and glides (assisted) on their front and back are explored as well as safe movement wearing PFDs. Water Smart® messages are also taught. Class time: 30 minutes

Preschool 2 3 - 5 years

- This program teaches children how to safely enter and exit shallow water wearing a PFD, jump into chest-deep water and submerge themselves (unassisted). Flutter kick on back is taught as well as glides on both the back and the front. Water Smart® messages are also taught. Class time: 30 minutes

Preschool 3 3 - 5 years

- Different types of entries; jumps, rolls, and slip-ins are explored in the program as well as developing the confidence to submerge and recover objects from the bottom of the water unassisted. Floats, both back and front, are performed by themselves and flutter kick is done on back and front for 5 metres. Water Smart® messages are also taught. Class time: 30 minutes

Preschool 4 3 - 5 years

- In this program children learn to safely enter and exit deep water multiple different ways as well as begin learning to tread water with use of a PFD. Underwater skills include opening eyes underwater and well as recovering objects from the bottom in chest-deep water. Children explore switching between front and back glides and floats as well as starting frontcrawl. Water Smart® messages are also taught. Class time: 30 minutes

Preschool 5 3 - 5 years

- Children in this program learn forward roll entries and move to treading water without the use of a PFD. Along with continuing to learn the basics of frontcrawl they also learn backcrawl and work on whip kick. This program also beings interval training to build strength and stamina for a strong swimming base. Water Smart® messages are also taught. Water Smart® messages are also taught. Class time: 30 minutes

Swimmer (5 – 14 years of age)



The Lifesaving Society Swimmer program makes sure children learn how to swim before they get in too deep. Progressions accommodate beginners and swimmers who want to build on the basics. Lots of in-water practice develops solid swimming strokes and skills.

Swimmer 1 5 - 12 years

- In Swimmer 1 youth learn entries and exits to shallow water as well as starting the basics of treading water with a PFD. Holding their breath underwater as well as opening their eyes underwater give them confidence to move into skills like floating, rolling, and glides without assistance. Flutter kick is also taught and frontcrawl is introduced with a PFD. Water Smart® messages are also taught. Class time: 30 minutes

Swimmer 2 5 - 12 years

- In Swimmer 2 youth work on deep water entries and exits as well as developing skills to tread water more efficiently without a PFD. Kicks, such as flutter kick and vertical whip kick are introduced and improved upon, to help with strokes such as front crawl and back crawl. Interval training is started to build the endurance and strength needed for swimming. Water Smart® messages are also taught. Class time: 30 minutes

Swimmer 3 5 - 12 years

- In Swimmer 3 youth work on kneeling dive and roll entries into deep water as well as treading for longer periods of time with more focus on technique. Flutter kick technique is improved upon and whip kick on back is introduced. Frontcrawl and backcrawl techniques are developed and pushed to further distances. Interval training is continued to build the endurance and strength needed for swimming. Water Smart® messages are also taught. Class time: 45 minutes

Swimmer 4 5 - 12 years

- In Swimmer 4 youth work on standing dive entries into deep water as well as treading techniques. Whiphkick on front is introduced and breaststroke arms are taught. Techniques for frontcrawl and backcrawl continue to be developed as more distance and sprints are added in this level. Water Smart® messages are also taught. Class time: 45 minutes

Swimmer 5 5 - 12 years

- In Swimmer 5 youth work on shallow dive entries into deep water as well as eggbeater kick is introduced. Breaststroke arms and whiphkick are combined for the basics of breaststroke and distances and techniques are improved upon for frontcrawl and backcrawl. Interval training is continued for strength and endurance to be able to swim for longer periods of time. Sprints are added to practice increased pace of swimming strokes. Water Smart® messages are also taught. Class time: 45 minutes

Swimmer 6 5 - 12 years

- In Swimmer 6 youth work on stride entries and compact jumps into deep water and legs-only surface support is introduced. Lifesaving kicks such as eggbeater and scissor kick are improved upon as well as a head-up swim is added. Breaststroke, frontcrawl, and backcrawl continue to be improved upon both in technique as well as endurance. A 300 metre workout is a part of this level to introduce the basic principles of a training workout. Water Smart® messages are also taught. Class time: 45 minutes

Swim Patrol (9 – 13 years of age)



The Canadian Swim Patrol program provides enriched training for those who are ready to go beyond learn-to-swim. Swim Patrol's three levels – Rookie, Ranger, and Star – continue to develop participants' swim strokes and provide the skill foundation that prepares them for success in the Bronze levels.

Rookie Patrol 9 - 13 years

- Rookie Patrol features development of front crawl, back crawl and breast stroke over 50 metres each, timed 100 metre swims, and 350 metre workouts. A work-hard/play-hard approach develops swimming strength and efficiency with emphasis on personal responsibility for Water Smart® behaviour.

Ranger Patrol 9 - 13 years

- Ranger Patrol features development of front crawl, back crawl and breaststroke over 75 metres each, a 100 metre lifesaving medley and time 200 metre swims. Lifesaving skills such as the ability to recognize the different types of swimmers and how to perform non-contact rescues are also addressed.

Star Patrol 9 - 13 years

- Star Patrol demands good physical conditioning and lifesaving judgment. Participants develop lifesaving and first aid skills; further refine front crawl, back crawl and breaststroke over 100 metres each; and complete 600 metre workouts and 300 metre timed swims. The learning to recognize different injuries or distress reactions is also included.

Adult Swimmer

The Adult Swimmer program is for beginners who may be just starting out or swimmers who just want help with their strokes. Within the Adult Swimmer curriculum, participants set their own goals to develop water confidence and smooth recognizable strokes. Instructors adapt to accommodate the needs of adult learners and provide flexibility for them to select skills they want to achieve towards their personal swimming goals.

Adult Swimmer 1 Ages 19 +

- Flexible to what participants set their goals at, Adult Swimmer 1 provides the opportunity to grow comfortable in the water. Entering and exiting the water, the holding of breath, as well as putting face in and opening eyes underwater are all different starting points in growing one's confidence. Floats and glides are introduced once participant is ready to progress.

Adult Swimmer 2 Ages 19 +

- Flexible to what participants set their goals at, Adult Swimmer 2 provides those with a stronger comfort level in the water the next step to building confidence. Reviewing how to move through the water, strokes are introduced and endurance is improved as well as comfort level in deeper water is improved upon.

Adult Swimmer 3 Ages 19 +

- Flexible to what participants set their goals at, Adult Swimmer 3 provides those with knowledge of strokes a chance to improve on techniques as well as endurance. Other skills included consist of dives, legs-only surface support, and other water movements.

Fitness Swimmer

The Fitness Swimmer program is for swimmers of any age who want to improve their overall physical fitness in the water and be active for life. Fitness Swimmer provides a structured approach to improve physical fitness and allows participants to set their own goals for everyday active living